

Grief/Loss books for Kids

- The Rabbit Listened by Cori Doerrfeld
- A New Leash on Life by Donna Kutzner
- My Big Dumb Invisible Dragon by Angie Lucas, Illustrated by Brigitta Sif
- The Invisible String (kids 3+) by Patricia Karst
- Everett Anderson's Goodbye (Reading Rainbow) (kids 5-8) by Lucille Clifton
- The Fall of Freddie the Leaf: A Story of Life for All Ages (kids 4+) by Leo Buscaglia
- The Goodbye Book (kids 2-5+) by Todd Parr
- The Memory Box by Joanna Rowland
- The Boy Who Didn't Want to Be Sad (kids 4+) by Robert Goldblatt
- Someone I Love Died (kids 4-8) by Christine Harder Tangvold
- A Taste of Blackberries (kids 8-12) by Doris Buchanan Smith
- Bridge to Terabithia (kids 8-12) by Katherine Paterson
- Rabbityness (kids 3-7) by Jo Epon

Feelings books (just a few!)

- Todd Parr has many books that explore feelings including:
 - The Feelings Book
 - It's Okay to Be Different
 - The I Love You Book
 - The Feel Good Book
 - It's Okay to Make Mistakes
 - Todd also has Feelings Flashcards that are fun to explore with kids
- Peter Reynolds has several books also including:
 - I am Human
 - I am Peace

- I am Love
- Happy Dreamer
- The Way I Feel by Janan Cain
- The Grouchy Ladybug by Eric Carle
- The I am Feeling series of books by Trace Moroney
- My Many Colored Feelings by Dr. Seuss
- In My Heart by Jo Witek
- There are No Animals in this Book (only Feelings) by Chani Sanchez
- Glad Monster, Sad Monster by Anne Miranda and Ed Emberley

Mindfulness/Meditation for Adults (to assist kids)

- **I Can Handle It (Mindful Mantras)**
by Ms Laurie Wright and Ms Ana Santos
- **No Worries! Mindful Kids: An activity book for young people who sometimes feel anxious or stressed**
- **Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger**
by Janine Halloran
- **Mindfulness for Anxious Kids: A Workbook to Help Children Cope with Anxiety, Stress, and Worry**
By Catharine Cook-Cottone PhD & Rebecca Vujnovic PhD
- **Outsmarting Worry**
by Dawn Huebner
- **I Am Peace: A Book of Mindfulness**
by Susan Verde and Peter H. Reynolds
- **Sitting Like a Frog**
by Eline Snel
- **50 Mindful Activities for Kindness, Focus, and Calm**
By Mindful Kids